

Relationship Safety

We are concerned about your physical, sexual and emotional safety. If you have concerns that your relationship is not safe, feel free to discuss it with the nurse or nurse practitioner that you see today and/or contact:

Coeur d’Alene:	The Women’s Center for Domestic Violence	664-9303
Bonnors Ferry:	Boundary County Domestic Violence Hotline	267-5211
Sandpoint:	Bonner County Women’s Center	265-3586
Kellogg:	Women’s Resource Center	784-9201
St. Maries:	Women’s Center	245-1542

If the person you love or live with does any of the things listed to you, it is time to get help.

- Keeps track of what you are doing all of the time.
- Constantly accuses you of being unfaithful.
- Prevents or discourages you from seeing friends or family.
- Prevents you from working or going to school.
- Criticizes you for little things.
- Gets angry when he is drinking alcohol or using drugs.
- Controls all the money you spend.
- Humiliates you in front of others.
- Destroys your property or things that you care about.
- Threatens to hurt you or the children.
- Hits, punches, slaps, kicks, bites you or the children.
- Uses or threatens to use a weapon against you.
- Forces you to have sex against your will.
- Tells you his violent outbursts are your fault.

Family Planning

Deciding what method of birth control to use isn’t easy. Here are some questions to ask yourself to help you decide which method is right for you:

- Is it important that I don’t get pregnant right now?
- What method is safe for me?
- How does my partner feel about birth control?
- Is the method I choose easy to use?
- How often do I have sex?
- Do I need a method that helps protect me from STIs?
- Do I have religious or moral feelings?
- Will I feel embarrassed about using this method?

Panhandle Health District 1 Offices
www2.state.id.us/phd1

Kootenai County
8500 N. Atlas Road
Hayden ID 83835
208 415-5100

Bonner County
1020 Michigan
Sandpoint ID 83864
208 263-5159

Boundary County
7402 Caribou
Bonnors Ferry ID 83805
208 267-5558

Benewah County
711 Jefferson
St. Maries ID 83861
208 245-4556

Shoshone County
114 W Riverside
Kellogg ID 83837
208 786-7474

*This pamphlet has been brought to you courtesy of
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FOR PERMISSION TO REPRODUCE THIS DOCUMENT, PLEASE
CONTACT THE PANHANDLE HEALTH DISTRICT AT 208-415-5241.

Important Health Facts



for Men and Women

Inside.....

- Healthy Lifestyles
- Relationship Safety
- Sexually Transmitted Diseases
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- Men’s Health
- Family Planning



Panhandle Health District 1
Healthy People in Healthy Communities
www2.state.id.us/phd1

Sexually Transmitted Infections (STIs)

- There are an estimated 65 million people in the US living with an incurable STI.
- One in four STIs occur in teens.
- Many STIs are asymptomatic (without signs or symptoms).
- Two-thirds of all STIs cannot be detected without a test.
- Risk factors include: Multiple sex partners; alcohol/drug use; no condom use.
- Individuals who are infected with an STI are two to five times more likely to acquire the HIV virus.
- A women is two times more likely to acquire an STI during unprotected sex.
- Abstinence until being with a lifetime partner reduces the risk of STIs.
- Condoms will help protect against some STIs.

Healthy Lifestyles

SMOKING

If you currently smoke and are interested in quitting, the Panhandle Health



District offers free smoking cessation classes. Contact Bonnie Held, R.N., the Smoking Cessation Program Coordinator at 415-5100.

VITAMINS

It is recommended that all females from the time they have their first period until the age that periods stop (50s), take a multiple vitamin that has adequate folic acid. Folic acid is important in the development of a baby's spine and brain.

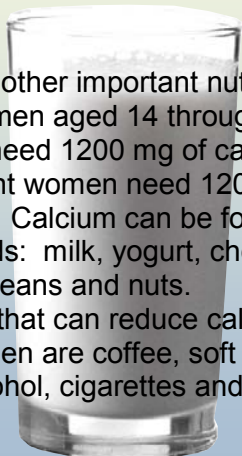
Since there is no method of birth control that is 100% effective, it is recommended that all women of childbearing age take a multi-vitamin with adequate folic acid every day.



CALCIUM

Calcium is another important nutrient for women. Women aged 14 through menopause need 1200 mg of calcium per day. Pregnant women need 1200-1500 mgs per day. Calcium can be found in the following foods: milk, yogurt, cheese, vegetables, beans and nuts.

Some things that can reduce calcium levels in women are coffee, soft drinks, diuretics, alcohol, cigarettes and excess salt.



WATER

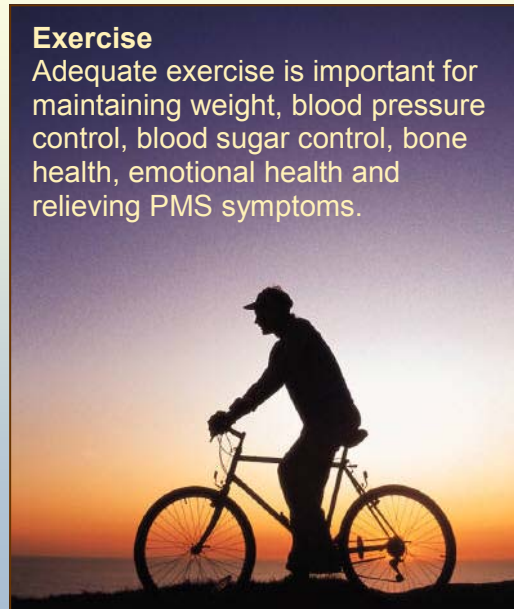
On the average, a person should drink eight 8-ounce glasses of water every day! That's about two quarts (64oz). However, the overweight person needs one additional glass for every 25 pounds of excess weight—larger people have larger metabolic loads. The amount should also be increased if a person exercises briskly or if the weather is hot and dry.



If you have a problem with water retention, excess salt may be to blame. Your body will tolerate sodium only in a certain concentration. The more salt you eat, the more water your system needs to dilute it. Getting rid of unneeded salt is easy—just drink more water! As it's forced through the kidneys, it takes away excess salt.

Exercise

Adequate exercise is important for maintaining weight, blood pressure control, blood sugar control, bone health, emotional health and relieving PMS symptoms.



Women's Health

PAP TEST

Pap test screening is recommended for all women beginning at age 21 years or 3 years after the first sexual intercourse, whichever comes first. The screening interval is usually every year, although, if there have been no previous abnormal tests, the interval may be extended.

A Pap test and pelvic exam are important parts of a woman's routine health care because they can detect cancer or abnormalities that may lead to cancer of the cervix. Women who have not been sexually active for three years may still need a pelvic exam and STI tests.

If the Pap test shows abnormalities, further tests and/or treatment may be necessary.

BREAST EXAMS

Women age 20-39 should have a clinical breast exam by a health care provider at least every 3 years. After age 40, women need to have a breast exam by a health care provider every year.

Women age 40 and over should have a mammogram every year, which is the best way to detect early signs of breast cancer.

Beginning at age 20, women should examine their breasts monthly. The best time for a breast exam is the week AFTER the menstrual period. Any lumps, thickenings or changes should be reported to a health care provider immediately.



HEART ATTACK/STROKE/DIABETES

If there is a family history of heart attack, stroke or diabetes, or people who have had gestational diabetes, need to have periodic lab testing. Lab testing is also recommended for people over age 40 who do not have a family history of heart attack, stroke or diabetes.



Lab testing is **not** offered at the Panhandle Health District. For more information regarding lab testing, call a Panhandle Health District office.

Men's Health

TESTICULAR AND BREAST SELF EXAMINATION

Cancer of the testicles can be cured if found early. Men most at risk for testicular cancer are young men ages 15-30. Men should check testicles and breasts once a month. Any lumps, aches or changes, should be reported to a health care provider immediately.

PROSTATE

Prostate cancer can be cured if detected early. Prostate cancer is most common in men. Men age 50 or over should have an annual health check that includes a prostate examination.